



Meal Pattern Requirements in the Child and Adult Care Food Program Webinar

- 1) Which of the following would be considered a reimbursable lunch?** (There is only one.)
 - a) Plain hamburger on a bun, pickle, peaches, 2% milk
 - b) Spaghetti with sauce (no meat), pear, bread stick, whole milk
 - c) Chicken breast, dinner roll, carrot slices, broccoli, skim milk
 - d) Double cheese pizza, apple, mixed vegetables, root beer
- 2) How much milk must be served to a 3 year old at breakfast?**
 - a) 1/2 cup
 - b) 3/4 cup
 - c) 1 cup
 - d) Milk is not required for breakfast
- 3) True or False: Nuts or seeds may be used to meet no more than one-half of the meat/meat alternate requirements.**
 - a) True
 - b) False
- 4) For children ages two and older, what types of milk may be served?**
 - a) Any type of milk as long as it is cow's milk
 - b) Whole or 2%
 - c) 2% or 1%
 - d) 1% or Skim
- 5) How much peanut butter needs to be served to an 8-year-old for lunch to meet the minimum serving size of the meat/meat alternate component?**
 - a) 4 Tablespoons
 - b) 3 Tablespoons
 - c) Enough to cover the bread well
 - d) Peanut butter can't be served for lunch
- 6) What is the required serving size for eggs if served for lunch to a 1-year-old?**
 - a) 1 egg
 - b) $\frac{3}{4}$ egg
 - c) $\frac{1}{2}$ egg
 - d) 1 year old children won't eat eggs

- 7) True or False: The serving sizes for cereal are exactly the same whether serving cold or hot cereal.**
- a) True
 - b) False
- 8) Breakfast must contain which of the following?**
- a) Fluid milk
 - b) Vegetable(s) or fruit(s) or juice
 - c) A whole-grain or enriched bread or bread alternate
 - d) All of the above
- 9) All CACFP menus must be maintained on file for how long after they are filed?**
- a) One month
 - b) Until the claim is paid
 - c) For three years plus the current year
 - d) Forever
- 10) If milk is served for snack, how much must be served to a 3-year-old?**
- a) As much as you think the child will drink
 - b) 1 cup
 - c) 3/4 cup
 - d) 1/2 cup
- 11) If a meat item is served for snack, how many ounces must be served to a 9-year-old?**
- a) 1/2 ounce
 - b) 1 ounce
 - c) 1-1/2 ounces
 - d) 2 ounces
- 12) Which of the following menus could not be served as a reimbursable snack in the CACFP?**
- a) Full Strength Juice and Fluid 1% Milk
 - b) A Meat/Meat Alternate and Fluid 1% Milk
 - c) A Meat/Meat Alternate and Whole-Grain Bread
 - d) Whole-Grain Bread and Vegetables
- 13) Which of the following is not an example of a creditable meat alternate item?**
- a) Cheese
 - b) Eggs
 - c) Peanut Butter
 - d) Hominy

14) True or False: Two different fruit/vegetable items must be served for lunch.

- a) True
- b) False

15) True or False: Yogurt serving sizes are the same as the regular requirement of 1-2 ounces of meat alternate.

- a) True
- b) False

16) What is the required serving size for a bowl of hot cereal for a 2-year-old for breakfast?

- a) 1 bowl
- b) 1/3 cup, cooked
- c) 1/4 cup, cooked
- d) Children won't eat hot cereal

17) True or False: Dry beans or dry peas may be used as both the meat and the vegetable component in the same meal.

- a) True
- b) False

18) Which of the following is considered a "non-creditable" food?

- a) French Fries
- b) Poptarts
- c) Yogurt
- d) Pudding

19) Which of the following is not an example of a bread alternate item?

- a) Biscuits
- b) Macaroni
- c) Tator Tots
- d) Corn Grits

20) True or False: Whole milk is strongly recommended, but not required for 1 year old children.

- a) True
- b) False

Your Name

Local Agency Name

Date